

# September

## Fitness Class Schedule

| Monday                                                                                                                                     | Tuesday                                                                                                      | Wednesday                                                                                                                             | Thursday                                                                                                      | Friday                                                                                                         | Saturday                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                            | 7:15-8:30am<br><br>Jennifer |                                                                                                                                       | 7:15-8:30am<br><br>Jennifer |                                                                                                                |                                                                                                                            |
| <b>Premier!</b><br>8:45-9:45am<br><b>Strong &amp; Limber</b><br>Lorna                                                                      |                                                                                                              | <b>Premier!</b><br>8:45-9:45am<br><b>Strong &amp; Limber</b><br>Lorna                                                                 |                                                                                                               |                                                                                                                | 9-10am<br><br><b>Toning</b><br>Micheale |
| <b>Premier!</b> 10-11am<br><b>Yoga for Stiff People</b><br>Lorna                                                                           | 10-11:30am<br><b>Gentle Flow Yoga</b><br>Layla                                                               | <b>Premier!</b> 10-11am<br><b>Yoga for Stiff People</b><br>Lorna                                                                      | 10-11:30am<br><b>Gentle Flow Yoga</b><br>Layla                                                                | <b>Premier!</b> 10-11am<br><b>Yoga for Stiff People</b><br>Lorna                                               | 10-11am<br><b>Inspired Yogalates</b><br>Micheale                                                                           |
| 11-12pm<br><b>Light &amp; Lively Aerobics</b><br>Bonnie                                                                                    |                                                                                                              |                                                                                                                                       | 12:15-1:15pm<br><b>Stellarflow Power Hour Yoga</b><br>Layla                                                   | 11-12pm<br><b>Light &amp; Lively Aerobics</b><br>Bonnie                                                        |                                                                                                                            |
| 12:15-1pm<br><br>Micheale                               | 12:15-1:15pm<br><b>Cardio/Kettlebell Circuit</b><br>Micheale                                                 | 12:15-1pm<br><b>Express Beyond</b><br><br>Micheale | 12:15-1:15pm<br><b>Cardio/Kettlebell Circuit</b><br>Micheale                                                  | 12:15-1pm<br><br>Micheale |                                                                                                                            |
|                                                                                                                                            | 1:30-2:30pm<br><b>Sole Steppin' Line Dance Class</b><br>Dan                                                  |                                                                                                                                       | 1:30-3:00pm<br><b>Peaceful Chair Yoga</b><br>Karen<br>(additional fee)                                        |                                                                                                                |                                                                                                                            |
| 5:30-6:30pm<br><br>Greg                                 | 5:30-6:30pm<br><b>Tabata Sculpt 40-30-20</b><br>Micheale                                                     | 5:30-6:30pm<br><br>Gina                            | 5:30-6:30pm<br><b>Tabata Sculpt 40-30-20</b><br>Micheale                                                      | 5:30-6:30pm<br><br>Greg   |                                                                                                                            |
| 6:30-7:30pm<br><br><b>Step &amp; Toning</b><br>Micheale | 6:30-7:30pm<br><br>Greg   | 6:30-7:30pm<br><b>Beyond</b><br><br>Micheale       | 6:30-7:30pm<br><br>Greg   |                                                                                                                |                                                                                                                            |
|                                                                                                                                            |                                                                                                              | 7:30-9:00pm<br><b>Meditative Yoga</b><br>Karen<br>(additional fee)                                                                    |                                                                                                               |                                                                                                                |                                                                                                                            |

\*Premier classes now offered for additional fees. For more information request at the front counter.

\*If you are injured, pregnant, or attending a class for the first time, please introduce yourself to the instructor. and make them aware of your circumstances.